

Volume 4
Issue 1

Say It Loud!

January 2013

Sickle Cell News You Can Use

The Sickle Cell Association of New Jersey

Sickle cell disease is an inherited blood disorder. People with sickle cell disease have red blood cells that become hard which can cause anemia, pain and many other serious health problems. Your involvement makes the difference in overcoming this disease.

Calendar Listings:

January 17 SCANJ at Montclair NAACP. 210 Bloomfield Ave, Montclair. 7:30pm

21 MLK Day of Service Red Cross Blood Drives 9:00 am – 2:00 pm Church of St. Bridget 125 Church St. in Glassboro

8:00 am. – 2:00 pm St. Bartholomew Church 751 Kaighns Ave in Camden

26 & 30th Take Control of Your Health Upgrade Training for current CDSMP Peer Leaders-9:00 am -5:00pm Beth Israel Hospital (26th) & Cape May County (30th)

February 7th Teleconference FAQ's on CDSMP. 12:30pm. Open to all. Dial into 1 712 775-7200 Passcode 379831#

11,12,13,& 14th 4 Day CDSMP Peer Leader Certification Classes. 9:30 AM to 4:00 PM Grace Baptist Church. Only 9 openings as of this writing. Register via eventbrite.com or call SCANJ at 973 482-9070.

16th WBSL 107.5 Radio and Omega Psi Phi Fraternity 2nd District SCANJ Sickle Cell Awareness American Red Cross Blood Drive. New Jersey City University. 2039 Kennedy Blvd in Jersey City. To register go to RedCrossblood.org 9:00am-2:00pm

February 21st– Mar 28th Take Control of Your Health CDSMP 6 Week Community Workshops. Choice of 9 am, 12 noon or 3 pm. Van Vleck House and Gardens in Montclair. Register via eventbrite.com or call SCANJ.

SCANJ is the
New Jersey Chapter of the



Sickle Cell Disease
Association of America

Hello 2013! From the Executive Director...



Mary
Bentley LaMar

As we enter this New Year, I encourage you to look **UP** to greater accomplishments, get **OVER** challenges and move **FOWARD** in service.

One way to get started is to "Take Control of Your Health." These workshops on Chronic Disease Self Management (CDSMP) are on the calendar for you and anyone interested, to take advantage of. In addition, we've scheduled a Peer Leader Certification Class for those interested in leading workshops (see calendar listings).

The CDSMP program is evidence based and was developed at Stanford University's School of Medicine. 6 Week Community Workshops for adults, are led by trained and certified Peer Leaders, some of whom have chronic conditions themselves.

Take Control of Your Health Workshops are not specific to any particular disease state and are helpful to everyone.

SCANJ is proud to have been recognized by the state of New Jersey for best practices in implementing the CDSMP. Check out some of our participant's comments...

"I have changed my attitude and thinking."

"Excellent workshop...topics well covered."

"This workshop can be beneficial to everyone. Even people that don't have a chronic condition."

In addition to the CDSMP program, we'll continue to expand our most impactful programs, including attending Sickle Cell Conferences, the Sickle Cellabration, the Poster Child Program, Road Trips, the Holiday Parties, and the 24 Seven Line Dance Marathon.

And plans are underway for a Sickle Cell Symposium and establishing a scholarship in honor of the late Frances Thompson-Walton. **We're on a mission!**

~Mary

SCANJ Mission Statement

In concordance with the mission of The Sickle Cell Disease Association of America; "to advocate for and enhance our membership's ability to improve the quality of health, life and services for individuals, families and communities affected by sickle cell disease and related conditions, while promoting the search for a cure for all people in the world with sickle cell disease

Makeda N. Reid, 1982-2013

Frances T. Walton, 1931-2013

Advocates for Sickle Cell Disease

We sadly note your passing, yet joyously give thanks for your presence on this earth.

Holiday Party Reflections

From the Van Vleck House in the north, to the Discovery Children's Museum in the south, and the Howell Bowling Lanes in the center... we celebrated the season throughout the state!

Special thanks for the support from Santonio Holmes Third and Long Foundation, NOBLENNJ, NOBLECNJ, Embrace Kids Foundation, The Central and Northern New Jersey Sickle Cell Network, Cooper Hospital Hematology Unit, The American Red Cross, Shiloh Baptist Church Sickle Cell Sabbath Team and volunteers like you.

Congratulations again to the 2012 Dr. Charles F. Whitten Honorees: Dr. Lori Colyer-Aversa, Ms. Margaret Hadnott, Ms. Joyce Jones, National Organization of Black Law Executives of North New Jersey (NOBLENNJ) and 107.5 WBSL Radio.



Kenta Klaus greets the children



2012 Dr. Charles F. Whitten Honorees with Mary LaMar & Jimmy SCANJ Poster Child

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Donations are appreciated and are tax deductible.

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Visit



www.sicklecellnewjersey.org

The Say It Loud Newsletter is published monthly. Archived copies are available for download from our website.

Beverly Lucas-Editor

See more Holiday Party and
Breakfast with Santa pictures on
[Facebook.com/sicklecellnewjersey](https://www.facebook.com/sicklecellnewjersey)

Like us!



Coming Soon...

The February Issue of *Say It Loud* will feature a history of sickle cell advocacy in New Jersey with a spotlight on the late Frances Thompson-Walton

February 16th 9:00am-2:00pm New Jersey City University Multi Purpose Room. Student Union Building. 2039 Kennedy Blvd in Jersey City. SCANJ Celebrates Black History Month by teaming up with 107.5 WBLS Radio and Omega Psi Phi Fraternity 2nd District for the Sickle Cell Awareness American Red Cross Blood Drive Go to RedCrossblood.org. Contact SCANJ for more information 973 482-9070.

April Sickle Cell Symposium

Attention Scholars; A Note to the Wise...

Many college students head back to school from their semester break after the Martin Luther King (MLK) Holiday January 21, 2013. This year the MLK Holiday takes on extra significance because it is also Inauguration Day for President Barack Obama.

It is noteworthy that the president will take his oath to serve in the highest office in the land on the MLK Holiday that charges us all to serve.

In the spirit of the MLK Holiday; "Day On of Service" you are encouraged to be of help to someone else. Whatever service you perform will honor the legacy of Martin Luther King Jr. and the promise of our great country.

And you don't have to stop on the MLK Day of Service. We welcome volunteers and invite you to get involved with the Sickle Cell Association of New Jersey or another organization that is of service to the community.

For a local chapter of the SCDAA go to www.sicklecelldisease.org

The following is good advice for college students, from the Center For Disease Control (CDC)

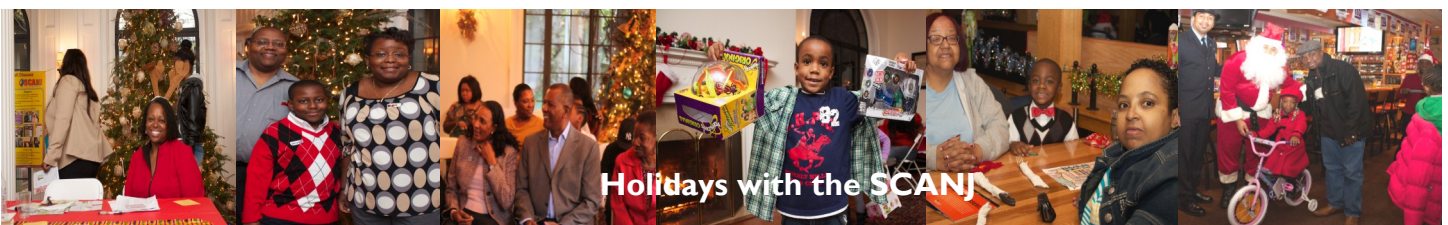
Nine Steps to Living Well With Sickle Cell Disease in College:

People with sickle cell disease (SCD) can live full lives and enjoy most of the activities that other people do. These activities can include going to college and living independently. Leaving home and attending college can be challenging for many reasons. For any person living on his or her own, life can be a lot easier if he or she is prepared so that making a good decision is easier. The following tips will help anyone with SCD live well while at school:

1. Find good medical care
2. Practice healthy habits
3. Prevent infections
4. Engage in physical activity
5. Practice stress management
6. Find and on campus support network
7. Find an off campus support network
8. Maintain health records
9. Connect with a student advisor or counselor

Double Take: T-Boz is Keeping it Real On The Learning Channel

The Grammy Award winning singer from the Group "TLC" shares her journey, including sickle cell disease, on the new reality show *Totally T Boz*.



Holidays with the SCANJ